



You're a busy  
**Teenager!**

*Shopping!*

*Dancing!*

*Music!*

*Boys!*

**You have a lot of fun things going on in your life right now, and a lot more to plan for your future.**

**Check out what's inside:**

**What is a Reproductive Life Plan?**

**Why is it Important for You?**

**How to Create Your Reproductive Life Plan.**

**Maybe you want to be a mom someday....Or maybe you don't—either way, it is important for you to make a Reproductive Life Plan.**

# What is a Reproductive Life Plan and why is it important for you?

A Reproductive Life Plan is a set of goals that you make about having or not having children (even if being a mom is years away for you). It includes how many children you want to have, and when you want to have them. It also helps you plan the spacing of your pregnancies, or prevent getting pregnant when you are not ready. Part of your Reproductive Life Plan includes goals to improve your personal health.



Most women end up having at least one baby sometime in their life, even if they don't plan on it. Once you become sexually active, you may get pregnant even if you are using birth control. One of the best things you can do to have a healthy baby is to make sure you live a healthy life long before you get pregnant. If you wait, it could be too late to protect your baby from the effects of your unhealthy habits.

When the time is right, you should discuss your Reproductive Life Plan with the father-to-be of your children, and decide together how you both want to plan your family. Your Reproductive Life Plan is not set in stone and can change, but the important thing is to start thinking about it now.

Here is a guide for you to make your Reproductive Life Plan. Read and answer the following questions.

Do you want to be a mom someday?

\_\_\_YES

\_\_\_NO

If you answered YES:

How old do you want to be when you have your first baby? \_\_\_\_\_

How many kids do you want to have? \_\_\_\_\_

How far apart do you want your kids to be? \_\_\_\_\_



What is your plan to prevent pregnancies that you are not ready for?

What will you do if you end up getting pregnant when you are not ready?

If you answered NO:

What is your plan to prevent yourself from ever getting pregnant?

What will you do if you end up getting pregnant, anyway?

## Here are some other things to consider in your Reproductive Life Plan.

### Personal Habits



**These behaviors could harm you and your future babies and it is best if you avoid them. Check any of the behaviors that apply to you.**

- ☐ Smoking
- ☐ Underage drinking (younger than 21) or binge drinking when you're 21 or older (drinking 5 or more drinks with alcohol in one sitting)
- ☐ Using illegal drugs (marijuana or hash, cocaine, crack, etc.)
- ☐ Unhealthy dieting or overeating

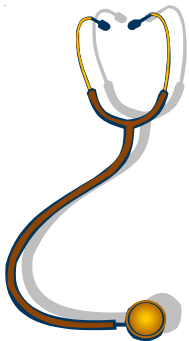
**These behaviors are healthy habits and help you prepare your body to have healthy babies when you're ready. Check any of the behaviors that apply to you.**

- ☐ Eating plenty of fruits, vegetables and whole grains
- ☐ Exercising regularly
- ☐ Taking a multivitamin that contains folic acid everyday (folic acid is a nutrient that helps to prevent certain birth defects, but it needs to be taken before a woman gets pregnant and during pregnancy because timing is very important. Most multivitamins have this nutrient).
- ☐ Getting regular checkups with your doctor and dentist
- ☐ Getting enough sleep



### Health Problems

**Make sure all of your health problems are taken care of with the help of your doctor and with medication if needed. Also, your health will affect the health of your future babies, so make sure your health problems are under control before you ever get pregnant. What health problems do you have? Check any that apply to you:**



- ☐ Problems with your thyroid
- ☐ Too skinny, or too heavy
- ☐ Diabetes
- ☐ Asthma
- ☐ Mental illness including depression
- ☐ Heart defect
- ☐ Any infections: Which one(s)? \_\_\_\_\_
- ☐ Any diseases: Which one(s)? \_\_\_\_\_
- ☐ Other \_\_\_\_\_

**Note: Once you become sexually active, you may want to be tested for sexually transmitted infections (STIs), including HIV/AIDS. Some STIs can cause serious pregnancy problems.**

## Your Reproductive System

When you are at the doctor's office, don't be afraid to ask questions about how to prepare for a healthy pregnancy (even if you don't plan to have a baby for a long time). When you are ready to have a baby, visit your doctor at least 3 months before you want to get pregnant. This will give the doctor a chance to make sure you are in good health before you get pregnant. Among other things, your doctor may ask you about your periods.

Do you track your periods using a calendar?    ☐ YES    ☐ NO  
How far apart are your periods? \_\_\_\_\_  
How long do your periods last? \_\_\_\_\_  
Is your blood flow heavy or light? \_\_\_\_\_  
Do you have painful periods (cramps, bloating, etc.)? \_\_\_\_\_  
Is there someone you can talk to about reproductive (or sexuality) issues?    ☐ YES    ☐ NO  
If so, who? \_\_\_\_\_



## Vaccines/Immunizations

Vaccines (or immunizations) help protect you from certain diseases and illnesses, such as the ones mentioned below. You might be surprised to find out that the vaccines that you have already gotten will impact the health of your future baby. The antibodies that your body makes from the vaccines you receive will be passed on to your future baby. This will protect your baby from these diseases and illnesses during the first few months after birth. After that, a baby will need to receive his/her own vaccines. The important thing is to make sure that your vaccines are up to date *before* you get pregnant.



Are your vaccines up to date? Have you been vaccinated for the following:

<input type="checkbox"/> Tetanus (Td or Tdap)	<input type="checkbox"/> Varicella (Chicken Pox)
<input type="checkbox"/> Hepatitis	<input type="checkbox"/> Measles, Mumps, Rubella
<input type="checkbox"/> Hepatitis B	<input type="checkbox"/> Inactivated Polio Virus (IPV)

And don't forget your "booster" shots. You should get a Tetanus booster every 10 years, and your doctor might recommend a one-time booster of Pertussis as well. You should also get a flu shot every year. Since this is all kind of tricky to remember, feel free to ask your doctor about vaccines you may need.

## Medications

**Some medications are not safe to take during pregnancy. Just to be on the safe side, always make sure your doctor knows the prescriptions or over-the-counter medications that you are taking.**

**What medications are you taking?**

**Prescriptions:**

**Over-the-counter drugs or herbs:**



## Family Health History

**Health problems can sometimes run in families. Some of the health problems mentioned below have to do with pregnancy, and others have to do with general health. Identify the health problems that have happened to members of your family.**

**Has anyone in your family had any of the following:**

- ☐ A baby born too early (premature baby)
- ☐ A baby who weighed less than 5 ½ pounds (low birthweight baby)
- ☐ Preeclampsia/eclampsia (toxemia, high blood pressure, seizures)
- ☐ Diabetes that started during pregnancy (gestational diabetes)
- ☐ Problems getting pregnant
- ☐ 2 or more miscarriages
- ☐ Stillborn baby (a baby born dead)
- ☐ A baby born with birth defects
- If so, what kind of defects? \_\_\_\_\_

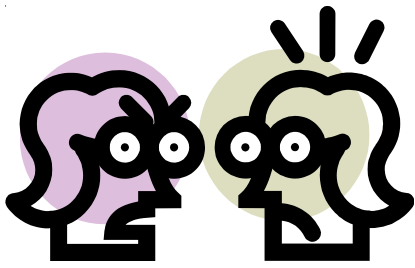
- ☐ Depression
- ☐ Asthma
- ☐ Obesity
- ☐ Heart disease
- ☐ Heart defect
- ☐ Stroke
- ☐ Other \_\_\_\_\_



**Talk with your doctor about any health problems your family members have had. Ask him/her about how you can lower the chances of having these same problems happen to you.**

**(Note: When you are with the father-to-be of your children, ask him which of the health problems listed above have happened in his family, too).**





## Personal Safety

Some teenagers and even some adults are abused by people who are close to them. Abuse is **NEVER** okay and creates an unsafe place to live. Your safety is important for your own health and any kids you may have in the future. Are any of the things below happening to you?

- \_\_\_ Is there anyone in your life who physically hurts you (for example, pushes, hits, slaps, kicks, chokes, etc)?
- \_\_\_ Is there anyone in your life who says mean or hurtful things to you a lot?
- \_\_\_ Is there anyone in your life who forces you to take part in any sexual activities (including touch) that make you feel uncomfortable?

**If you answered YES to any of these questions, there is help available.**

**Please call 1-800-897-LINK (5465) for help.**

## Personal Development

**It takes a lot of work, commitment and energy to be a mom. Here are some questions to ask yourself as you plan for your future-- think about how being a mom will fit into your other goals:**

### **Future Goals:**

Where do you see yourself in the next 5 years? The next 10 years?  
(Married? Single? In school? Working? Living in a home or apartment? etc...)

How much education do you want to complete? (Do you want to go to college? Where? When?)

Do you plan on having a career? (What career do you want? Where do you want to work?)

Do you plan to be a stay-at-home mom? (How will you prepare for that?)





## Emotional Health

Being able to handle stressful situations can affect your health as well as the health and safety of your future kids. Here are a few questions to ask yourself to learn more about your own emotional health.

When you feel sad, do you usually bounce back quickly, or do you stay sad for a long time (2 weeks or more)?

How often do you find yourself feeling overly nervous, anxious, or worried? What sort of things make you feel that way?

What do you do when you are in a stressful situation or if you feel overwhelmed?

Do you get angry easily? What types of things make you angry?

When you get angry, what do you do to calm yourself down?

How do you generally treat people that are close to you?

What do you do if someone says or does something that you don't like?

**Are there any areas of your emotional health that you want to improve in preparation of having kids someday? If there is anything, write your goals here:**

**NOTE: It is always helpful to let your doctor know how you are doing and feeling. Don't be embarrassed to talk to him or her about any problems you may be having with your emotional health.**



## Insurance/Financial Security

**Life can be very expensive, and having a baby will make it even *more* expensive. It is a good idea to make a financial plan for basic needs in life whether you plan to have kids when you're older or not. Here are some things to think about in preparing for your future.**

- \_\_\_A place to live
- \_\_\_Money to pay for groceries
- \_\_\_A way to get around (car, bus, etc)
- \_\_\_Health, dental, and auto insurance

## Future mom, or not—

**A Reproductive Life Plan gives you more control in planning your future.**



Please take our survey and tell us what you think of “You’re a Busy Teenager.”

Please visit <http://health.utah.gov/rhp/survey/index.php?m=t>

02/07

### References:

Recommendations to Improve Preconceptional Health and Health Care- United States. Department of Health and Human Services, Centers for Disease Control and Prevention. Morbidity and Mortality Weekly Report. April 21, 2006/Vol.55/No. RR-6  
Preconception Health and Care, 2006. Department of Health and Human Services, Centers for Disease Control and Prevention